



Aged 11 – 19?

Text a school nurse on
07507 332 631
for confidential help and advice.

Staying healthy

Anxiety, emotions and anger

Social media

Family issues and friendships

Smoking, alcohol and drugs

Body image and identity

Bullying

Sexual health and contraception

Sleep

#ChatHealthWolves

More information, including T&Cs and privacy, at:
www.royalwolverhampton.nhs.uk/chathealth